

**Personal Information:**

First Name	
Last Name	
Phone Number	
Due Date	

- ☐ I will be attending classes alone.  
☐ I will be bringing a guest or significant other.



Please call Susan at  
262-896-8479 to  
register or ask any  
questions.

**Please enroll me in this Session:**

- ☐ January 6, 13, 20 & 27  
☐ April 7, 14, 21 & 28  
☐ July 7, 14, 21 & 28  
☐ October 6, 13, 20 & 27

Remember to bring your pillow!

**2015 Schedule  
for Childbirth  
Education Classes**

**JANUARY  
6, 13, 20 & 27**



**APRIL  
7, 14, 21 & 28**



**JULY  
7, 14, 21 & 28**



**OCTOBER  
6, 13, 20 & 27**



**2015 Childbirth  
Education Classes**

*Preparing for the most  
important day in your  
baby's life!*



**Waukesha County  
Public Health Division**

(located within the Human Services Center)

**514 Riverview Avenue  
Waukesha, WI 53188  
262-896-8430**



Waukesha County's Public Health Division is now offering a series of four Childbirth Education Classes for pregnant women who currently participate in any Waukesha County Health and Human Services program. There is no fee to participants.

Each childbirth can be different. Whether this is your first child or fourth, these classes will help you prepare for the birth of your child.

Each class will focus on a particular topic and include breathing exercises.

Please bring a pillow with you to *each* class.

- The first class will focus on the ***stages of labor*** and the ***birth process***;
- The second class will focus on ***comfort measures / C-Section info***;
- The third class will focus on ***newborn care***;
- And the fourth class will focus on ***breastfeeding***. (Breastfeeding classes are also available in Spanish).

Take comfort

in

KNOWING

**When:** Classes will take place the first 4 Tuesdays in January, April, July & October..

**Time:** 12:30 – 2:30 PM

**Place:** Human Services Center  
514 Riverview Avenue  
Waukesha



Waukesha County

## Public Health

A Division of the Department  
of Health & Human Services



[www.waukeshacounty.gov/pregnancy](http://www.waukeshacounty.gov/pregnancy)



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